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# About the Higginsville State School and Hospital

July 1977

STATE OF MISSOURI  
DEPARTMENT OF MENTAL HEALTH

HIGGINSVILLE STATE SCHOOL AND HOSPITAL

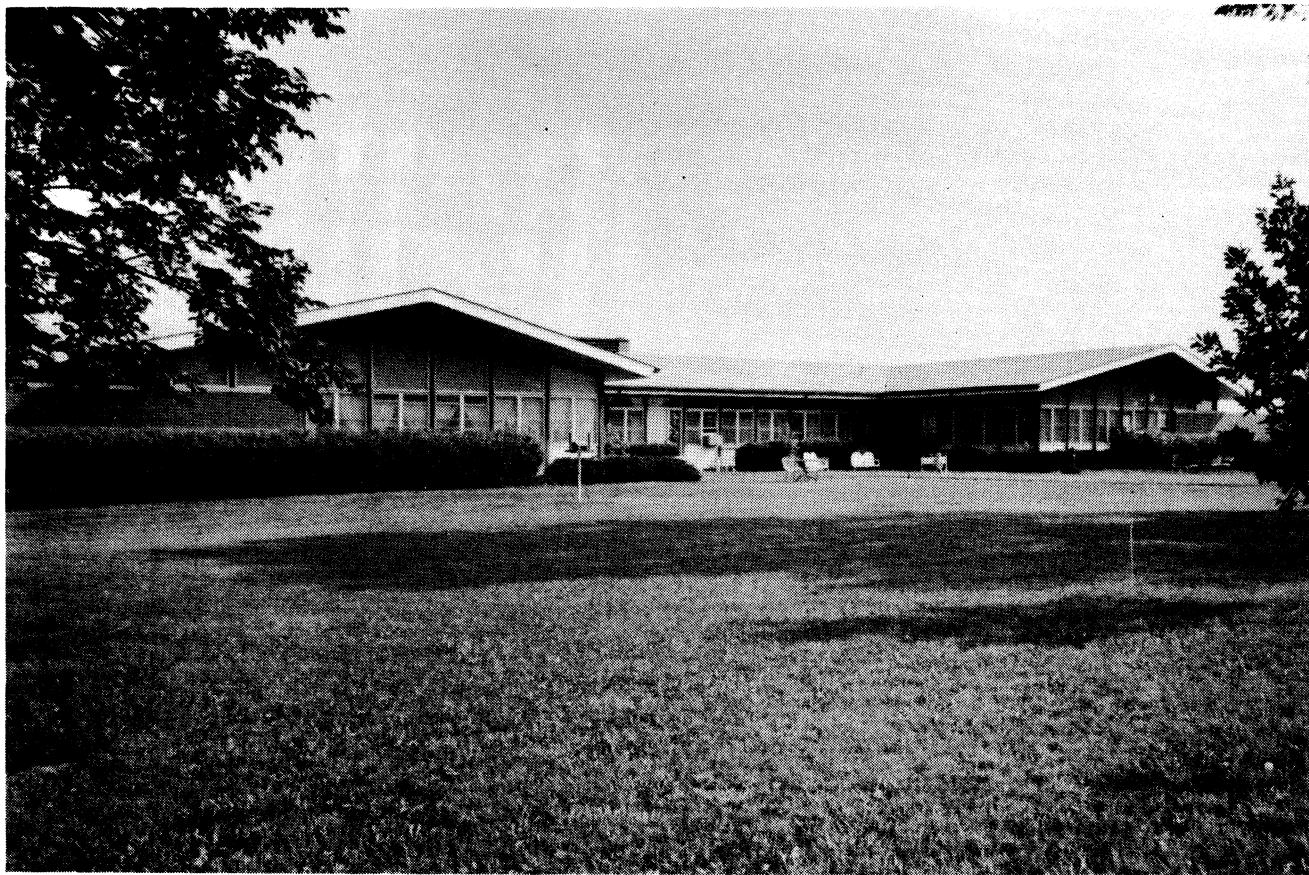


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This Brochure  
published by the  
Community Relations Office  
Higginsville State School-Hospital





One of the six resident living cottages on the Higginsville campus.



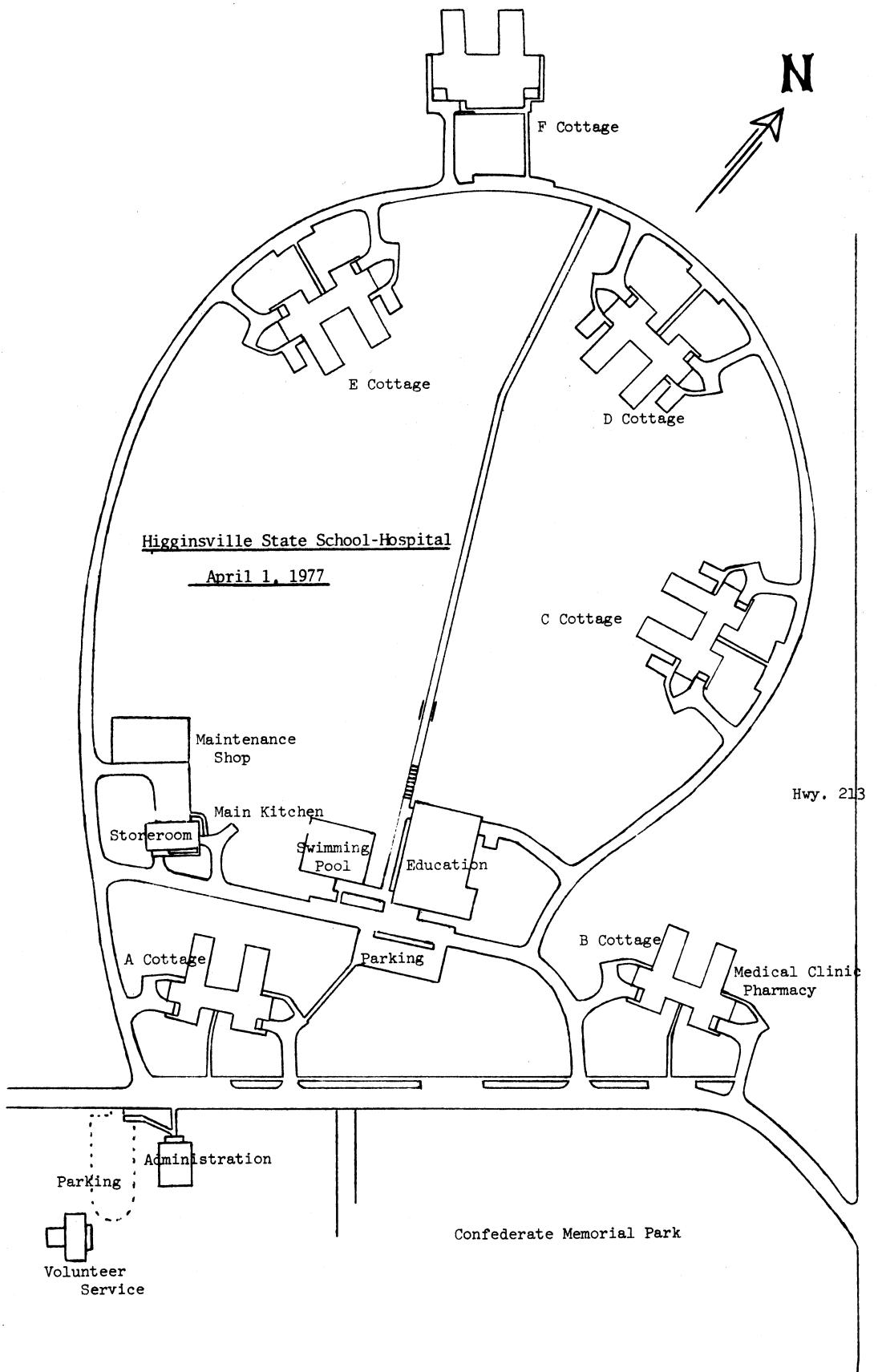
# Introduction

The Higginsville State School and Hospital is dedicated to the belief that every individual is entitled to the opportunity to achieve his fullest potentialities for growth--mental, physical, emotional and spiritual. It is recognized that the mentally retarded-developmentally disabled differ in degree, not in kind, from other persons and do, indeed, experience the same feelings as others. The mentally retarded individual should receive the training and education to prepare him to adjust to the responsibilities and demands of society as he is able.

Our facility serves as a center for new ideas, programs and inquiries as it is a place for intellectual growth for both residents and staff. We hope that

through proper stimulation, education and training of our students that they may become useful and productive members of society. We strive for the ultimate goal of maximum growth for every resident, which will eventually enable him to leave this institution and live a normal life within the community.

This brochure has been prepared to inform interested persons of the programs and organization of the Higginsville State School and Hospital. There is a great need to enlighten our communities and public today about mental retardation and the mentally handicapped. The staff of Higginsville State School feels it necessary to continuously work with parents and community agencies toward this end.



# The Setting

Established in 1956, the Higginsville State School and Hospital serves as a residential education and training center for mentally retarded developmentally disabled children and young adults. Facilities and services provide for 350 ambulatory children of varying levels of retardation, including the profoundly, severely, mildly, moderately and borderline retarded-developmentally disabled.

Originally established as the education branch of Marshall State School and Hospital, students could gain admittance to the Higginsville State School only by transfer from the Marshall complex. Legislation, passed in 1969, separated the two facilities and the Higginsville State School now plays a unique role in providing services for the education of the mentally handicapped of the state of Missouri.

Located on a 276 acre tract of land near Higginsville, Missouri, the school adjoins a 92 acre State Park. The complex consists of six cottage living units, an education building, swimming pool, administration building, medical complex, main kitchen, storeroom, laundry and maintenance shop.

## Organizational Structure

Residents at Higginsville are organized into four basic units according to their age and functioning level. Each unit, headed by the unit director, is comprised of many qualified interdisciplinary staff members who work together to reach specific goals for each resident.

The largest unit program, Unit 16, houses 130 male and female residents in three cottages (A-B-D). This program provides services for severely and profoundly retarded adults requiring basic medical care, self-help training and basic prevocational skills.

Unit 17, (C Cottage) called Youth Motivation, consists of a single cottage housing 70 male residents. Program objectives are: 1) to provide individualized therapeutic programs both on the cottage and in the central school building, and 2) to provide training programs emphasizing special education, social skills development, prevocational training, on-job training, recreational craft activities and language development required for placement. The average age of these residents is 14 years.



Beauty and Barber services are provided each resident.

Unit 18 (F Cottage) called Child Motivation, serves 60 younger profoundly and severely retarded residents in one coeducational cottage. The program provides basic self-care training, such as dressing, eating and toilet training skills, preacademic education and socialization skills through the use of behavior modification techniques. The age range of residents is 7-21 years.

Unit 19 (E Cottage) called Social and Rehabilitation, serves 70 moderately retarded adolescents and adults, many exhibiting severe antisocial behaviors. These residents possess potential for community placement in a competitive work environment. Programming in this unit concentrates in academic and vocational education areas.

# Admission Policies

Admission to the facility is made through referral by one of the eleven regional centers in the state. Admittance is determined by a special Intake Team, composed of the assistant superintendent of treatment, unit directors, physician, pharmacist, dentist, dietician, psychologist, psychiatric social worker, education coordinator and health care coordinator. If the team decides that one of the facility's four unit programs would be beneficial to the individual, then admission proceedings are initiated.

Upon admission to the facility, the unit team, a group of interdisciplinary unit staff members plus the resident and his parents, meet to form the new resident's individualized treatment plan. The plan encompasses all aspects of the resident's treatment, including short and long range goals for each discipline. All disciplines, such as nursing, medical, recreation, education, vocational education, occupational therapy, physical therapy, speech therapy, audiology, music therapy, vocational counseling, pastoral counseling, and dietary strive toward reaching each resident's final goal of successful placement in the community. Soon after the resident moves to Higginsville, the unit staff administer a special



assessment test, which clearly defines his abilities and short comings. Reassessment is made at regular intervals by the varied members of the team to determine progress and evaluate existing goals.

Rates for board and care at the facility are made on a sliding scale as determined by the resources investigator.

## The Cottage Way of Life

All residents at Higginsville are enrolled in an individualized educational and training program located in the central school building on the campus. Here students receive instruction in academics and vocational academic subjects, speech therapy and audiology, music therapy, and recreation. Classes are small (generally 6 to 8 students per class), an hour in length, and are supervised by a special education teacher and educational assistant. Resident schedules are changed several times during the year, so that each student has the opportunity to experience a variety of classes and teachers. Educational staff hold specialized staffings concerning each resident's progress in academic areas and make recommendations to the appropriate unit team. Close communication is maintained within the unit team to insure a consistent and effective treatment program.





Occupational Therapy staff work individually with residents teaching gross and fine motor coordination and balance.

## DAILY LIVING

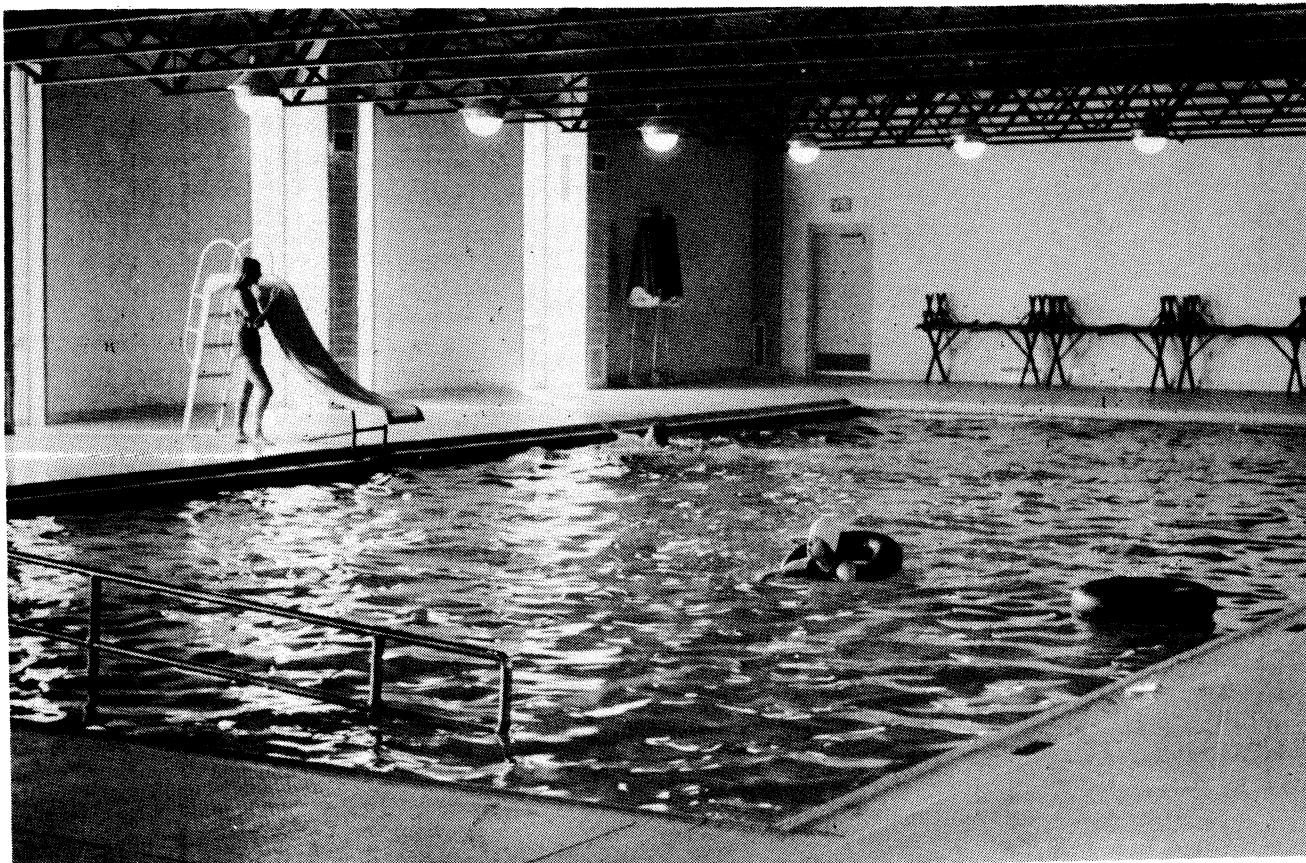
On the cottage, the unit director and the unit program supervisor coordinates activities involving daily living. Each ward of residents is divided into team groups, with a team leader in charge of all activities. The team leader is much like a houseparent figure to the residents of his group, as he knows each child's schedule, personal habits, and attitudes.

All meals are prepared in the main kitchen building, planned and directed by a registered dietician. The meals are then delivered to the dining halls of each cottage prior to the appropriate mealtime.

Each cottage ward also has a dormitory area, clothes room, laundry facility, living room area and basement recreation area. In addition to the classes in the central education building, teachers and recreation staff also hold sessions in cottage classrooms. Recreational personnel strive toward offering a variety of outings for all residents, with special emphasis on weekend activities.

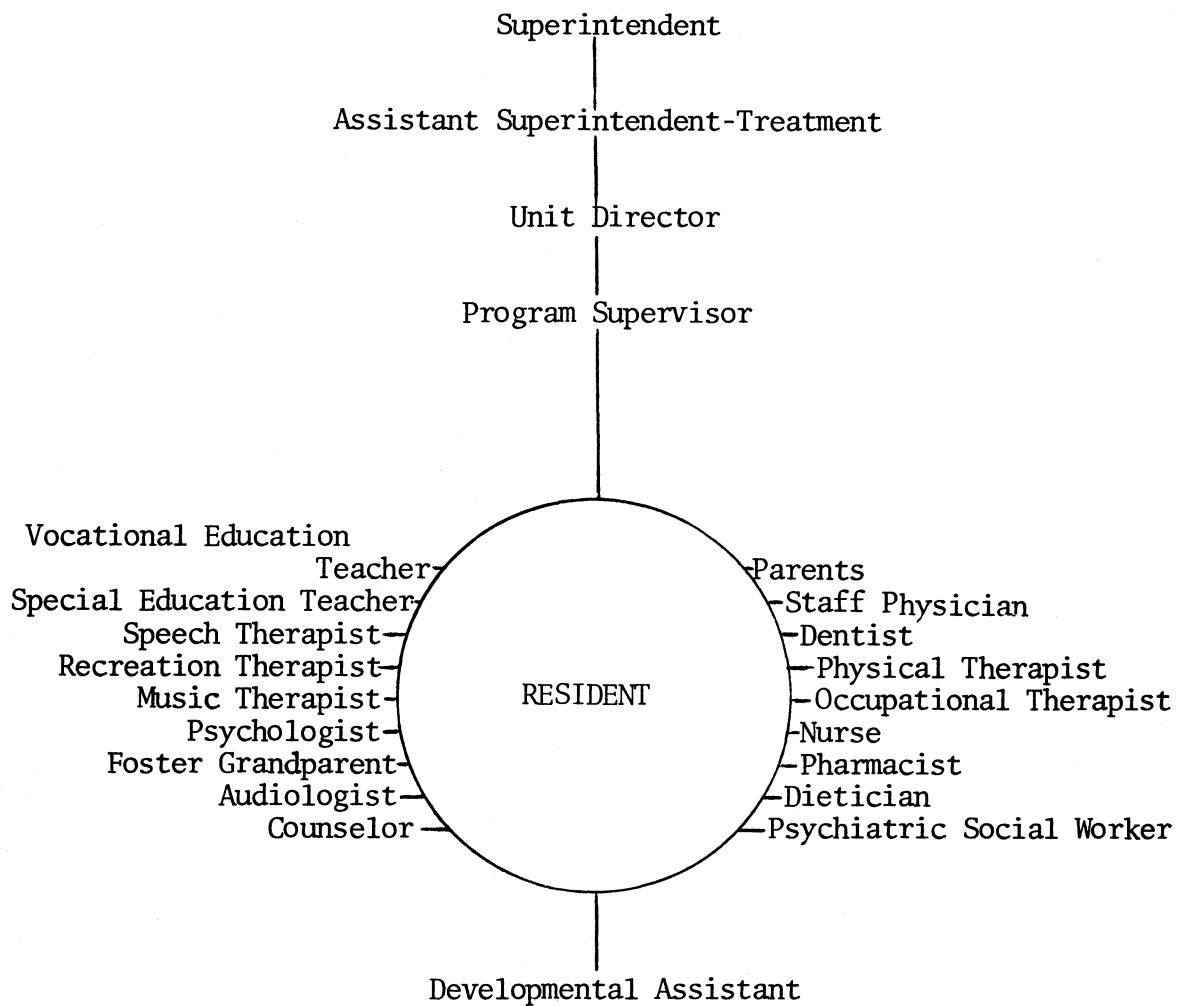
Residents may go home for visits with their parents whenever possible or go on outings with their community sponsor.

Higginsville has a complete religious education program, supervised by a full-time chaplain. Services are conducted for Protestant, Catholic and Jewish residents at the school and many attend community church services in the city of Higginsville.

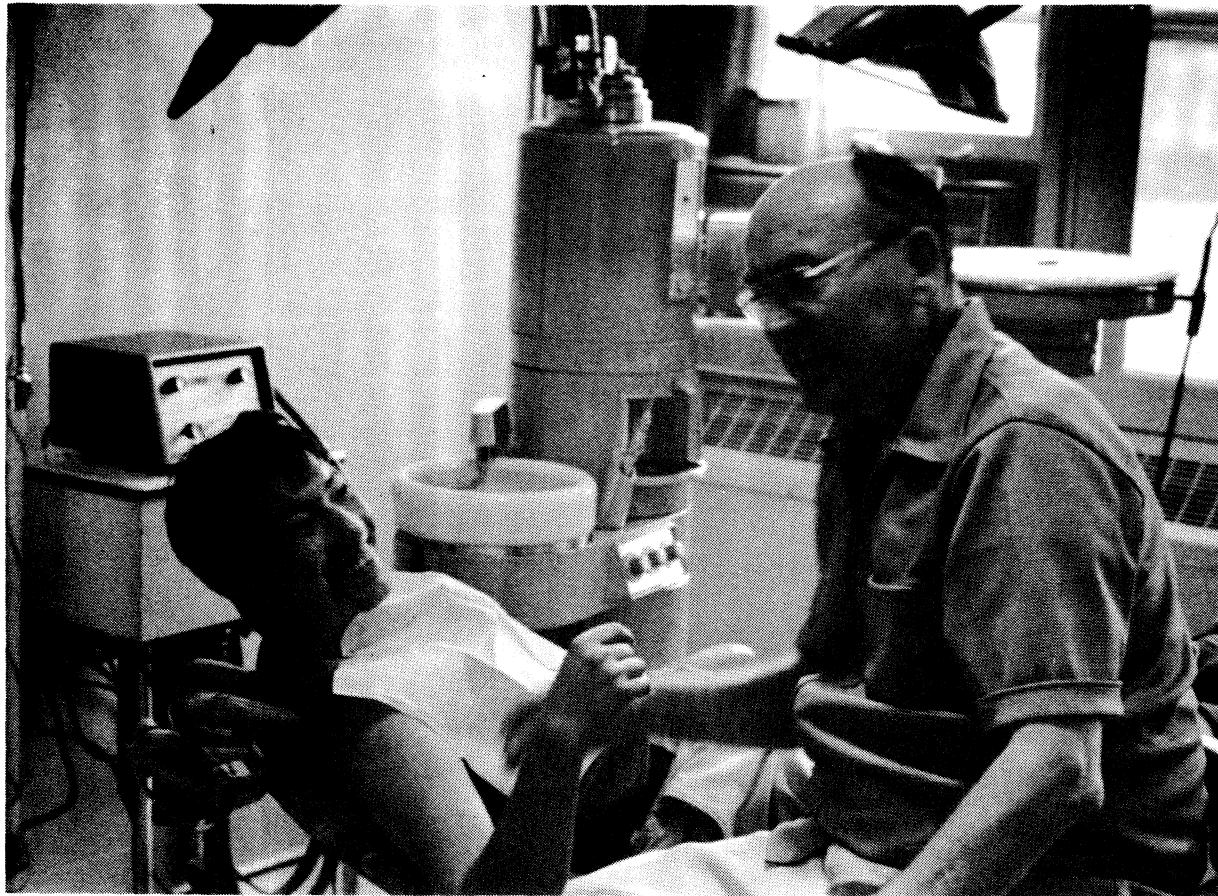


## HIGGINSVILLE STATE SCHOOL AND HOSPITAL

### THE INTERDISCIPLINARY TEAM



A wide variety of professional staff and disciplines have input into the resident's treatment. As the resident's need change, so does his individualized program. Members of the interdisciplinary team have the responsibility of preparing goals and objectives for each resident and for submitting a written progress review to the team at least once every 30 days. Weekly unit treatment staffings utilizing a written individual staffing and treatment plan are conducted in the Administration Building. Resident functioning is assessed and monitored through the use of the Minnesota/Missouri Behavioral Scale, which is designed to provide information pertaining to the functioning skills of developmentally disabled persons.



Residents benefit from routine checkups and care of the dental staff.

## Medical Services

Medical services are provided to residents under the direction of a staff physician and health care coordinator. The medical area houses the pharmacy, infirmary, medical clinic, medical records department, physical therapy and occupational therapy departments. Higginsville's medical program revolves around a large staff of registered nurses each assigned to a unit. They screen incidents and cases for the physician and medical clinic staff.

Special x-ray and pathology work is scheduled at the Marshall facility with more serious cases being referred to the University of Missouri-Columbia. Residents are assured of 24-hour emergency coverage from a number of local physicians, pharmacists and medical facilities.

The developmental therapy program (physical and occupational therapy) provides a wide spectrum of treatment programs for residents with physical disabilities. Physical therapy offers a diversity of therapeutic programs which include rehabilitation, post-operative candidates and multiply handicapped and developmentally disabled residents. The occupational therapy department deals with residents' self-help care skills, such as feeding, dressing and personal hygiene. It also concentrates on enhancing one's physical status and perceptual motor activities.

The services of a dentist, dental hygienist and dental aide are also available on a daily basis. Dental checks are scheduled every six months for all residents.

## Special Programs

### VOCATIONAL EDUCATION

Vocational education is a rapidly expanding department at Higginsville, with instructors offering a variety of work experience programs for differing functioning levels.

Residents functioning at the lower levels are enrolled in the pre-sheltered workshop, in hopes that they may receive the training necessary for placement in a community sheltered workshop. Vocational education classes are conducted daily in two areas: housekeeping and food service, with both classes receiving valuable on-the-job experience by preparing food for the facility canteen and maintaining the housekeeping in the education building.

Those who exhibit ability to perform in competitive work situations are enrolled in part-time work programs at various local businesses. Jobs are also available for residents on the campus. These students receive 50 percent of the minimum wage as certified by the U.S. Department of Labor and may work anywhere from two to forty hours per week.

## FOSTER GRANDPARENT PROGRAM

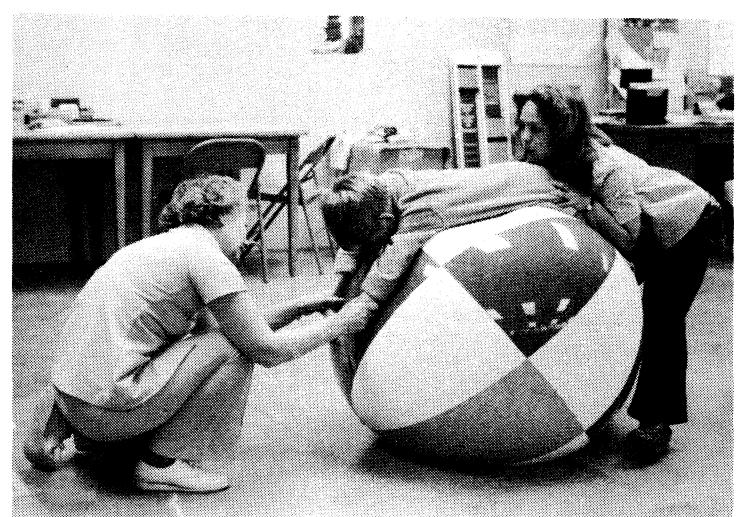
The foster grandparent program is nationwide Older American Volunteer Program funded by ACTION to provide older adults with useful ways of serving their communities in their retirement years. Higginsville has nearly 50 foster grandparents, who are paid an hourly stipend for spending half days with two "grandchildren." Each grandparent works on a one-to-one basis with their grandchildren, providing them the essential personal contact necessary in social and emotional growth. The grandparent is a vital part of the treatment team, many times implementing programs established by the group. Each day they spend hours helping their youngsters, playing with them, understanding them and loving them.



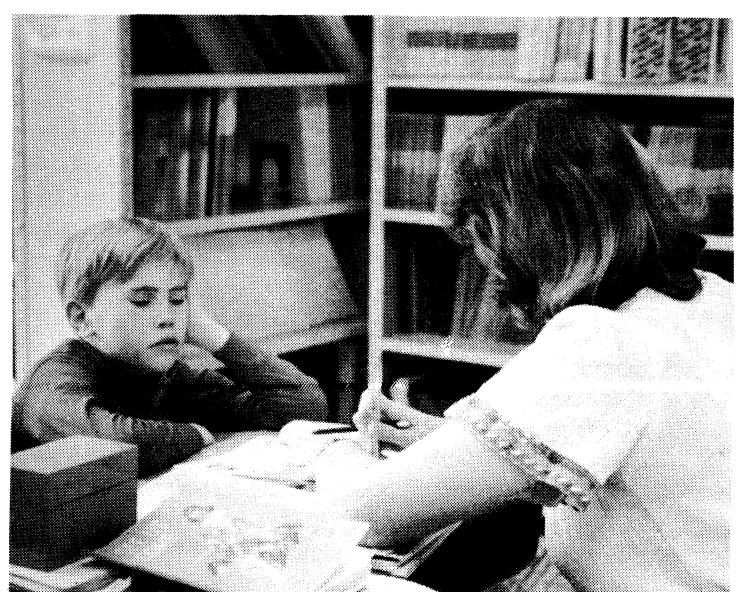
A Fostergrandmother takes some extra time to help her grandchild with a toy.

**TITLE XIX**

Title XIX, a part of the 1964 Medicare-Medicade bill, is a Federal reimbursement program aimed at providing optimum care and service for the states' mentally retarded developmentally disabled. Higginsville receives reimbursable funding for every dollar spent on residents eligible to collect the medicare-medicade benefits, provided the facility complies with a strict set of standards relating to direct care. Approximately 130 residents of Unit 16 are enrolled in the Title XIX program. Through this type of Federal funding, Higginsville has been able to improve and implement many programs and hire additional professional and para-professional staff members.



Physical and Occupational Therapy staff of the Developmental Therapy Department work together to achieve specific goals with a resident.



Students receive individualized instruction during the week in education classrooms.

## Related Services

### VOLUNTEER SERVICE- COMMUNITY RELATIONS

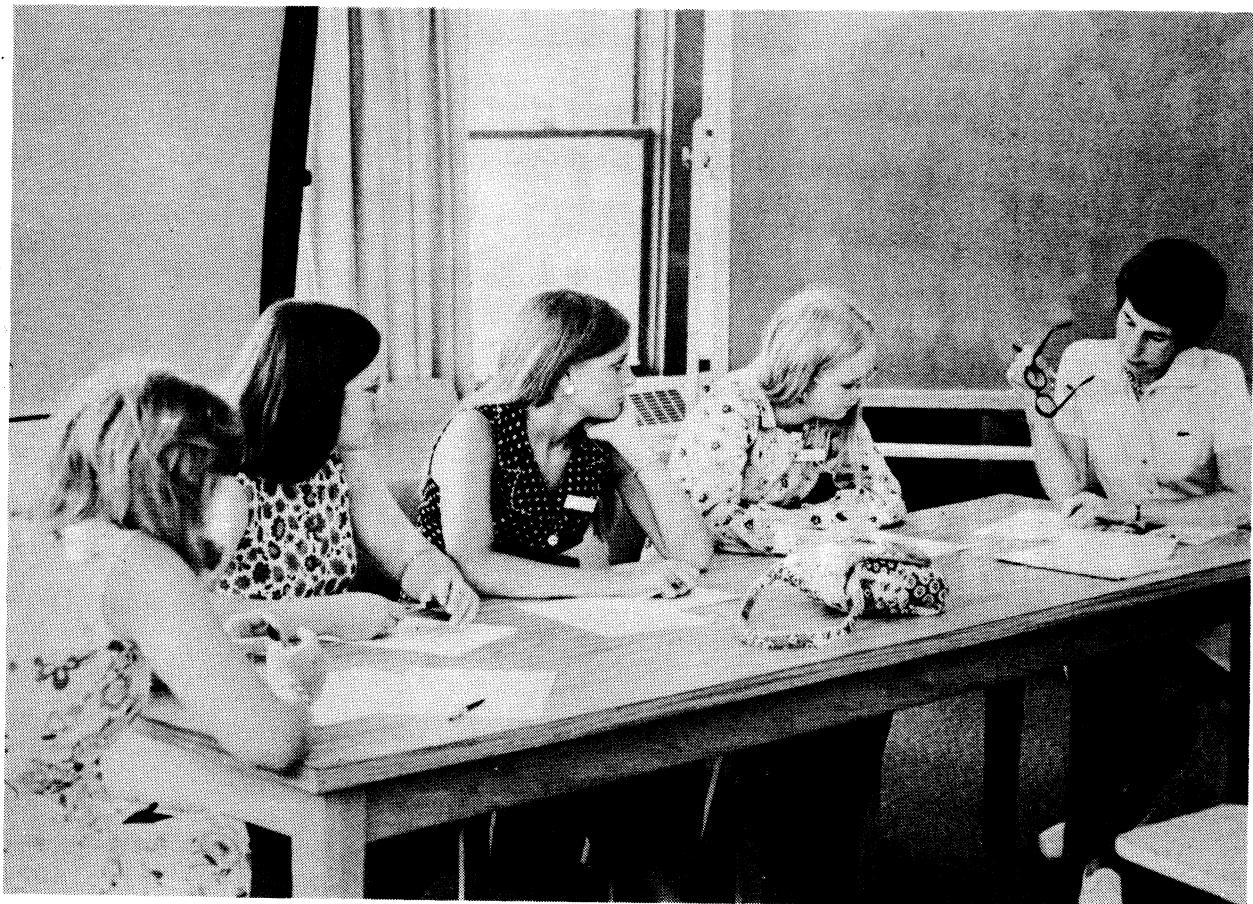
The Higginsville State School and Hospital is fortunate to have many friends and volunteers who donate, each year, thousands of dollars worth of clothing, toys and equipment. The volunteer service department coordinates a sponsorship program, which gives those residents without parents a special sponsor in the community. The community relations office publishes newsletters for interested parents and friends and facility employees and conducts tours of the campus.

## STAFF DEVELOPMENT

Higginsville is proud of its fine and diversified staff development department, continually training employees to better perform their job duties. In addition to new employee orientation programs, classes are required for developmental assistants and indirect care staff, such as housekeeping, dietary and laundry. Staff development instructors provide the facility's professional and para-professional staff with orientation on new policies and forms, schedule informative speakers and hold special workshops on various subjects. The department also maintains a professional library for staff.

## SECURITY-FIRE & SAFETY

To insure that all buildings meet proper safety standards, the campus is patrolled on a 24-hour a day basis by the security department, insuring the safety of the residents and employees. Specially designed fire doors, sprinklers, locks and monitors are maintained by the fire and safety supervisors. The Higginsville campus is an open one, with few ward doors being locked. Residents are free to come and go to their classes and activities, with security personnel lending a helping hand for those that stray along the way.

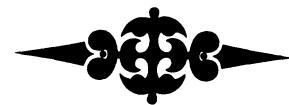


Prospective employees and visitors are given in-service training from the school's Staff Development Department.

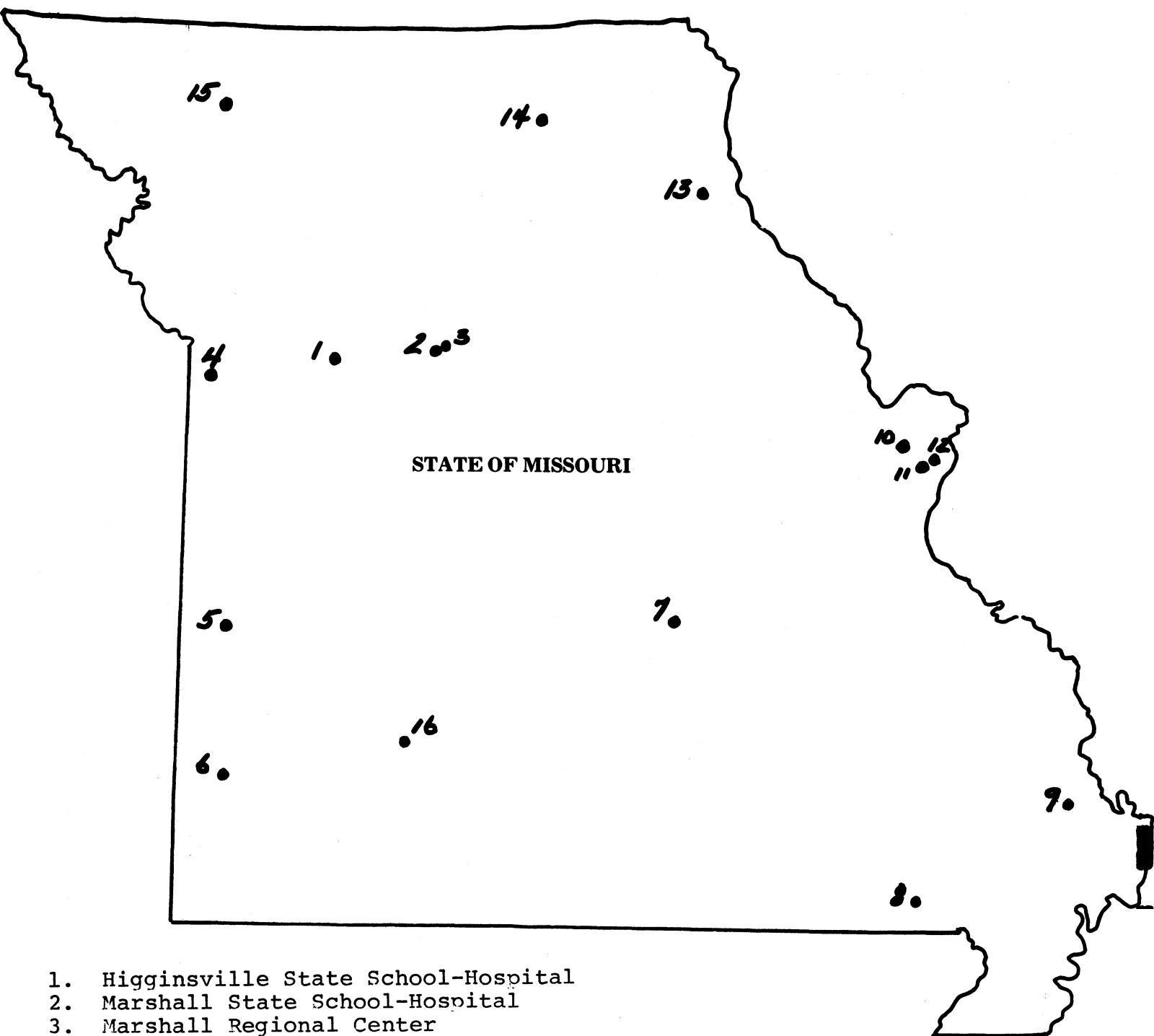
## The Future

Staff of the Higginsville State School and Hospital continually strive toward improving programs to the end that every resident might have the opportunity to leave when he has achieved the maximum benefits from our services. It is both a challenge and a satisfaction to see a student make slow but continuous progress. The present and future of mentally retarded developmentally disabled persons is a constant and never ending responsibility of parents and the community at large, as well as the staff of Higginsville State School

and Hospital. Our staff see this responsibility as a test of our strength and ingenuity, and as an opportunity to serve those who cannot carve their own way without the help of others.



DEPARTMENT OF MENTAL HEALTH  
REGIONAL CENTERS & STATE SCHOOLS-HOSPITALS



1. Higginsville State School-Hospital
2. Marshall State School-Hospital
3. Marshall Regional Center
4. Kansas City Regional Center
5. Nevada State School-Hospital
6. Joplin Regional Center
7. Rolla Regional Center
8. Poplar Bluff Regional Center
9. Sikeston Regional Center
10. St. Louis State School-Hospital
11. St. Louis Developmental Disabilities Treatment Center
12. St. Louis Regional Center

13. Hannibal Regional Center
14. Kirksville Regional Center
15. Albany Regional Center
16. Springfield Regional Center

